



ARMY STRONG.®



KNOWLEDGE

OFFICIAL SAFETY MAGAZINE OF THE U.S. ARMY

THIS WEEK 23-27 MAR 2015



BEAT THE HEAT

Foot marches and land navigation training involve a great deal of walking while wearing a ruck sack and other required equipment. These types of physical activities induce significant sweating and fatigue, which can lead to heat illnesses. It's important that leaders are aware of common heat illnesses associated with these activities, as well as preventive measures to minimize the risk.



CAUGHT IN A HABOOB

The following incident happened a few years ago while I was an AH-64A instructor pilot. It demonstrated to me that when things happen, some of them go the way you want and others don't.



SPARE A SCARE

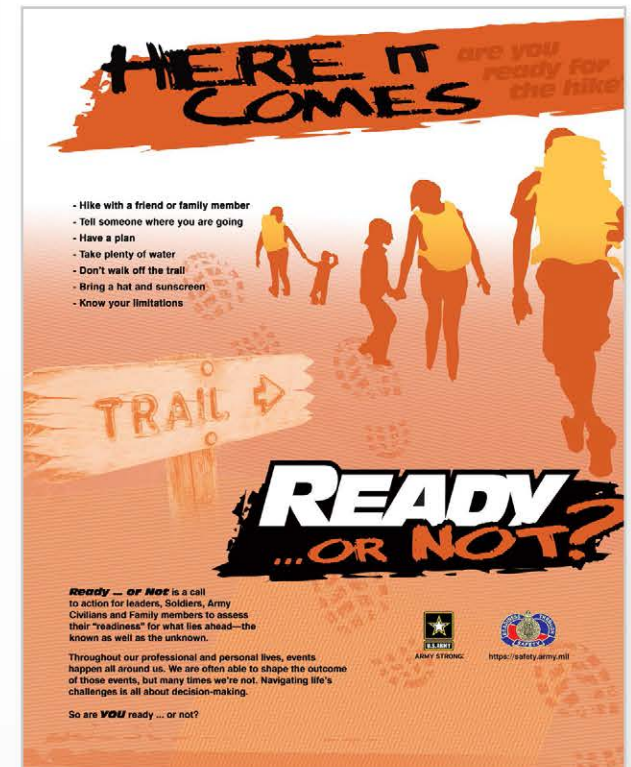
To ensure we got the most out of our vacation, I planned out everything — from beach activities we hoped to do to restaurants we wanted to try. One thing I failed to plan for, however, nearly brought our trip to an early end.

DID YOU KNOW?

Knowledge is always looking for contributors to provide ground, aviation, driving and off-duty safety articles. Don't worry if you've never written an article for publication. Just write about what you know, and our editorial staff will take care of the rest. Your story might just save another Soldier's life. Click the SUBMIT AN ARTICLE tab below to share your story.



SAFETY FEATURE



[CLICK TO DOWNLOAD](#)

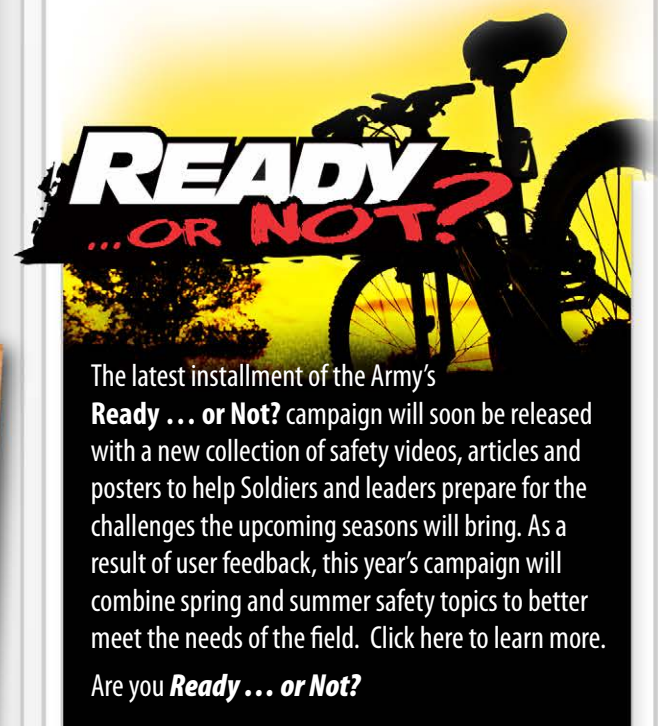
PRODUCTS & TOOLS



Mentoring can help keep Soldiers safe. Find out what you can do to protect your Soldiers with the Motorcycle Mentorship Program.



Learn the safety culture and climate within your organization with the Army Readiness Assessment Program.



The latest installment of the Army's **Ready ... or Not?** campaign will soon be released with a new collection of safety videos, articles and posters to help Soldiers and leaders prepare for the challenges the upcoming seasons will bring. As a result of user feedback, this year's campaign will combine spring and summer safety topics to better meet the needs of the field. Click here to learn more.

Are you **Ready ... or Not?**

[SUBMIT AN ARTICLE](#)

[KNOWLEDGE HOME](#)

[CONTACT US](#)

